SBCC Sept to Dec 2012 Fitness Class Schedule & Class Descriptions (over)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Key:	***TBC = Total Body Conditioning***	***All Classes 1Hr, unless specified***	***Gym A * Gym B + Both Gyms ^***	***Community Room A # Community Room B ##***	***Both Community Rooms ^^***	***Studio > B = Beginner I = Intermediate A = Advanced***	***Classroom 201 %***
6:00 AM	Fit Camp-TBC^^ (6AM)		Fit Camp-TBC^^ (6AM)		Fit Camp-TBC> (6AM)		
	Indoor Cycling* (6AM)		Indoor Cycling* (6AM)		Jazzercise* (6:15AM)		
	Jazzercise> (6:15AM)		Jazzercise> (6:15AM)				
7:00 AM							
8:00 AM	Jazzercise Lite^^ (8AM)	Jazzercise* (8AM)	Jazzercise Lite^^ (8AM)	Jazzercise* (8AM)	Jazzercise Lite* (8AM)	Jazzercise* (8AM)	
	Boot Camp with Karie +(8:45AM)		Boot Camp with Karie + (8:45AM)				
9:00 AM		Boot Camp with Karie * (9:15AM)		Boot Camp with Karie * (9:15AM)	ZUMBA > (9:15AM)	Yang Tai Chi (Beg) > (9:15AM)	
	Jazzercise* (9:30AM)		Jazzercise* (9:30AM)		Jazzercise * (9:30AM)		
		Purna Yoga ## (9:30-10:45AM)			Pilates ## (9:30AM)		
10:00 AM	ZUMBA ## (10AM)	Post-Rehab S&C# (10AM)	ZUMBA ## (10AM)	Post-Rehab S&C# (10AM)		Yang Tai Chi (Int/Adv) > (10:20AM)	Purna Yoga > (10:15-11:30AM)
	Strong & Fit Seniors/Adults> (10:15AM)	Nordic Pole Walking + (10:20AM)	Strong & Fit Seniors/Adults> (10:15AM)	Nordic Pole Walking + (10:20AM)			
11:00 AM							
12:00 PM							
1:00 PM			Fit Girls ## (1:30PM)				
2:00 PM							
3:00 PM							
4:00 PM		Taekwondo > (4-4:50PM)		Taekwondo > (4-4:50PM)			
5:00 PM		Taekwondo > (5-5:50PM)	Belly Dance - Beginners ## (5:30-6:20PM)	Taekwondo > (5-5:50PM)			
6:00 PM	ZUMBA > (6PM)	Taekwondo > (6-6:50PM)	ZUMBA > (6 PM)	Taekwondo > (6-6:50PM)			
	Snow Sport Conditioning * (6PM)	Barre ## (6:15PM)		Barre ## (6:15PM)			
6:30 PM			Belly Dance Drills & Zills ## (6:30-7 PM)				
		Fencing - Youth (Beg)^^ (6:45PM)	Belly Dance - Combined ## (6:30-8:45PM)				
7:00 PM	Indoor Cycling> (7:15PM)	Purna Yoga > (7:15-8:30PM)	Indoor Cycling> (7:15PM)	Purna Yoga > (7:15-8:30PM)			
		Fencing - Teens & Adults (Beg)^^ (7:45PM)	Belly Dance- Intermediate ## (7:10-8PM)				
8:00 PM			Belly Dance- Folk Styles ## (8-8:45PM)				

SOUTH BELLEVUE COMMUNITY CENTER

a partnership for a healthy community

CITY OF BELLEVUE WASHINGTON

BOYS & GIRLS CLUBS OF BELLEVUE

Register online at:

MyParksandRecreation.com, in person, or by phone at:

(425) 452-4240

Schedule subject to change without notice.